

Golden Horseshoe Track & Field Council

Presents

1st Annual

FALL FIELD FEST



Sunday September 22, 2019

**Ray Lewis Track & Field Complex
Mohawk Sports Park
1100 Mohawk Rd E
Hamilton, ON
L8T 2S4**

TECHNICAL PACKAGE



2019 FALL FIELD FEST

Sunday September 22, 2019



Hosted by: Golden Horseshoe Track & Field Council

Sanctioned by: Athletics Ontario

Meet Directors: Kevin Gonci kgonci4@gmail.com
Steven Fife thoroldelitetc@gmail.com

Entries Chairperson: Steven Fife thoroldelitetc@gmail.com

Eligibility: Athletes registered with Athletics Ontario, Minor Track Association, Ontario Masters Association

Non-members are welcome to compete but must pay an insurance surcharge of \$5.00

Regular Deadline: Wednesday September 18, 2019 @ 11:59 pm

Late Deadline: Friday September 20, 2019 @ 12:00 pm
Entries received after this deadline may be accepted at the discretion of the meet directors and only if maximum field sizes are not reached.

Entry Fees: First event: \$10.00
Subsequent events: \$5.00
Non-member fee: \$5.00 (applies to non AO/ MTA/ OMA athletes)

An additional \$5.00 processing fee applies to all late entries.

Online Registration: www.trackiereg.com/FallFieldFest2019
All entries are to be completed online at Trackie

Waiver: Mandatory for all athletes and to be completed online

Age Divisions:

| Category | Year of Birth |
|-----------------|---------------|
| Mite/ U9 | 2011-2012 |
| Tyke/ U11 | 2009-2010 |
| Atom/ U13 | 2007-2008 |
| Bantam/ U14 | 2006 |
| MTA Senior/ U15 | 2005 |
| Midget/ U16 | 2004 |

| Category | Year of Birth |
|--|---------------|
| Youth/ U18 | 2002-2003 |
| Junior/ U20 | 2000-2001 |
| Open | 1999-1985 |
| Masters (Age 35+) | 1984 & Older |
| <i>*Note that Masters implements/event specs will vary by specific age range as outlined by the OMA.</i> | |

Awards: Gold medal to all winners in **U9 to U18 events** only

Number of Attempts: All athletes in all throws and horizontal jumps will receive three attempts. The top 8 competitors will receive an additional three attempts. In cases where there are 8 or less competitors, all athletes will automatically receive 6 attempts. Even though most events are combined, athletes will be separated out for attempts and results.

Implement Specs:

MTA & ATHLETICS ONTARIO ATHLETES

HAMMER THROW

U16 Girls – 3.00 kg
 U16 Boys – 4.00 kg
 U18 Girls – 3.00 kg
 U18 Boys – 5.00 kg
 U20 Women – 4.00 kg
 U20 Men – 6.00 kg
 Open Women – 4.00 kg
 Open Men – 7.26 kg

SHOT PUT

U9 Girls – 1.50 kg
 U9 Boys – 1.50 kg
 U11 Girls – 2.00 kg
 U11 Boys – 2.00 kg
 U13 Girls – 2.73 kg
 U13 Boys – 2.73 kg
 U14 Girls – 3.00 kg
 U14 Boys – 3.00 kg
 U15 Girls – 3.00 kg
 U15 Boys – 3.00 kg
 U16 Girls – 3.00 kg
 U16 Boys – 4.00 kg
 U18 Girls – 3.00 kg
 U18 Boys – 5.00 kg
 U20 Women – 4.00 kg
 U20 Men – 6.00 kg
 Open Women – 4.00 kg
 Open Men – 7.26 kg

DISCUS

U13 Girls – 750 g
 U13 Boys – 750 g
 U14 Girls – 750 g
 U14 Boys – 750 g
 U15 Girls – 1.00 kg
 U15 Boys – 1.00 kg
 U16 Girls – 1.00 kg
 U16 Boys – 1.00 kg
 U18 Girls – 1.00 kg
 U18 Boys – 1.50 kg
 U20 Women – 1.00 kg
 U20 Men – 1.75 kg
 Open Women – 1.00 kg
 Open Men – 2.00 kg

JAVELIN

U13 Girls – 400 g
 U13 Boys – 400 g
 U14 Girls – 400 g
 U14 Boys – 400 g
 U15 Girls – 500 g
 U15 Boys – 500 g
 U16 Girls – 500 g
 U16 Boys – 600 g
 U18 Girls – 500 g
 U18 Boys – 700 g
 U20 Women – 600 g
 U20 Men – 800 g
 Open Women – 600 g
 Open Men – 800 g
 * U11 athletes will throw the TurboJav

MASTERS ATHLETES

| Women | Hammer Throw | Shot put | Discus | Javelin |
|-------|--------------|----------|---------|---------|
| 35-49 | 4.00 kg | 4.00 kg | 1.00 kg | 600 g |
| 50-59 | 3.00 kg | 3.00 kg | 1.00 kg | 500 g |
| 60-74 | 3.00 kg | 3.00 kg | 1.00 kg | 500 g |
| 75+ | 2.00 kg | 2.00 kg | 750 g | 400 g |
| Men | Hammer Throw | Shot put | Discus | Javelin |
| 35-49 | 7.26 kg | 7.26 kg | 2.00 kg | 800 g |
| 50-59 | 6.00 kg | 6.00 kg | 1.50 kg | 700 g |
| 60-69 | 5.00 kg | 5.00 kg | 1.00 kg | 600 g |
| 70-79 | 4.00 kg | 4.00 kg | 1.00 kg | 500 g |
| 80+ | 3.00 kg | 3.00 kg | 1.00 kg | 400 g |

A limited number of implements will be provided by meet management. Athletes are encouraged to supply their own implements. **Personal implements must be verified a minimum of 60 minutes before the event start time and once weighed in will be entered into the competition pool.**

Volunteers: We are in need of volunteers to assist officials with the efficient running of field events. Possible jobs include raking, measuring, adjusting high jump standards, etc. **If you would like to volunteer please contact thoroldelitetc@gmail.com.**



2019 FALL FIELD FEST



Revised Schedule – Sept 16

- 1 Multiple age groups will compete together but will be separated out in the results.
- 2 Para throws are offered and will be added to the schedule where time allows based on entries.

THROWS

9:00 am

Girls/ Boys Shot put – U9 (1.5 kg)/ U11 (2 kg)
Boys Javelin (600 g) – U16
Womens Javelin (600 g) – U20/ Open

9:30 am

ALL M/F Hammer Throw (all ages/weights)

10:00 am

Womens Shot put (4 kg) – U20/ Open
Girls Javelin (500 g) – U15/ U16/ U18
Boys Javelin (500 g) – U15

11:00 am

Para Shot put (all)

11:30 am

Boys Shot put (3 kg) – U14/ U15
Womens/ Mens Discus – All Masters
Girls/ Boys Javelin (Turbo Jav) – U11

12:00 pm

Boys Shot put (5 kg) – U18
Girls/ Boys Javelin (400 g) – U13/ U14

1:00 pm

Boys Shot put (4 kg) – U16
Mens Shot put – U20 (6 kg)/ Open (7.26 kg)
Girls/ Boys Discus (750 g) – U13/ U14
Womens Javelin – All Masters

2:00 pm

Womens/ Mens Shot put – All Masters
Girls Discus (1 kg) – U15/ U16/ U18
Boys Discus (1 kg) – U15/ U16
Boys Javelin (700 g) – U18

3:00 pm

Girls Shot put (3 kg) – U14/ U15/ U16/ U18
Boys Discus (1.5 kg) – U18
Mens Discus (2 kg) – Open
Mens Javelin (800 g) – U20/ Open

4:00 pm

Girls/ Boys Shot put (2.73 kg) – U13
Womens Discus (1 kg) – U20/ Open
Mens Discus (1.75 kg) – U20
Mens Javelin – All Masters

JUMPS

9:00 am

Mens Long Jump – U20/ Open/ Masters
Boys Triple Jump – U14/ U15/ U16/ U18
Girls High Jump – U14/ U15/ U16/ U18

10:00 am

Boys/ Mens Pole Vault (all ages)

10:30 am

Girls Long Jump – U9/ U11/ U13
Boys Triple Jump – U9/ U11/ U13
Boys High Jump – U14/ U15/ U16/ U18

12:00 pm

Womens Long Jump – U20/ Open/ Masters
Girls Triple Jump – U9/ U11/ U13
Mens High Jump – U20/ Open/ Masters

1:00 pm

Girls/ Womens Pole Vault (all ages)
Womens High Jump – U20/ Open/ Masters

2:00 pm

Boys Long Jump – U9/ U11/ U13
Mens Triple Jump – U20/ Open/ Masters
Girls High Jump – U9/ U11/ U13

3:00 pm

Boys Long Jump – U14/ U15/ U16/ U18
Girls Triple Jump – U14/ U15/ U16/ U18
Boys High Jump – U9/ U11/ U13

4:00 pm

Girls Long Jump – U14/ U15/ U16/ U18
Womens Triple Jump – U20/ Open/ Masters

RACE WALKS

10:00 am

800 m Race Walk
1500 m Race Walk
3000 m Race Walk
5000 m Race Walk

More precise times for race walks will be listed on the final schedule based on entry numbers.

Final schedule to be posted on Friday September 20